

## M-Wave 400446

# M-Wave CP Lift Adapter Instruction Manual

Model: 400446

Brand: M-Wave

## 1. INTRODUCTION

The M-Wave CP Lift Adapter is designed to increase the handlebar height on bicycles equipped with a 1 1/8 inch threadless steerer tube. This adapter allows for a more upright and comfortable riding position by extending the effective height of your bicycle's steerer tube, providing additional space for stem and spacer installation. It is constructed from durable aluminum for reliable performance.

## 2. SAFETY INFORMATION

- **Professional Installation Recommended:** If you are unsure about any installation steps, it is highly recommended to have the adapter installed by a qualified bicycle mechanic.
- **Compatibility Check:** Ensure your bicycle has a 1 1/8 inch threadless steerer tube before attempting installation. Incorrect sizing can lead to component failure.
- **Tighten All Bolts Securely:** All bolts, including those for the stem, top cap, and adapter, must be tightened to the manufacturer's specified torque settings. Overtightening or undertightening can cause damage or unsafe riding conditions.
- **Regular Inspection:** Periodically check the adapter and surrounding components for any signs of wear, damage, or looseness. Replace damaged parts immediately.
- **Do Not Modify:** Do not attempt to modify the adapter or any of its components. Modifications can compromise structural integrity and safety.

## 3. PACKAGE CONTENTS

Please verify that all the following components are included in your package:

- 1x M-Wave CP Lift Adapter (main body)
- 1x Ahead cap
- 1x Screw for Ahead cap

- 1x 5mm spacer ring
- 3x 10mm spacer rings



Image 3.1: M-Wave CP Lift Adapter shown in its retail packaging, illustrating the product as it appears when unboxed.

#### 4. SETUP AND INSTALLATION

**Tools Required:** Hex key set (Allen wrenches), torque wrench (recommended).

1. **Prepare Your Bicycle:** Loosen and remove the top cap screw, then remove the top cap. Loosen the stem bolts that clamp onto the steerer tube and carefully slide the stem off the steerer tube. Remove any existing spacers.

2. **Clean Steerer Tube:** Ensure the bicycle's steerer tube is clean and free of dirt or grease.
3. **Install Adapter:** Slide the M-Wave CP Lift Adapter onto the bicycle's steerer tube. Ensure it sits flush.
4. **Add Spacers:** Place the desired combination of 5mm and 10mm spacer rings on top of the adapter to achieve your preferred handlebar height.
5. **Reinstall Stem:** Slide your bicycle's stem onto the top of the installed spacers and adapter. Ensure the stem is oriented correctly.
6. **Install Ahead Cap:** Place the M-Wave Ahead cap on top of the stem/spacer stack and insert the provided screw.
7. **Preload Headset:** Tighten the Ahead cap screw until there is no play in the headset (no front-to-back movement when the front brake is applied and the bike is rocked), but not so tight that the steering feels stiff.
8. **Align and Tighten Stem:** Align the stem with the front wheel. Once aligned, tighten the stem clamp bolts evenly to the manufacturer's specified torque settings.



Image 4.1: The M-Wave CP Lift Adapter shown fully assembled with spacer rings and top cap, ready for stem installation. This illustrates the product's structure and how it extends the steerer tube.

## 5. OPERATING AND ADJUSTMENT

The M-Wave CP Lift Adapter allows for height adjustment using the included spacer rings. To adjust the height:

1. **Loosen Components:** Loosen the stem clamp bolts and the Ahead cap screw.
2. **Remove Stem and Spacers:** Carefully remove the stem and the existing spacer rings from the adapter.
3. **Adjust Spacers:** Add or remove the 5mm and 10mm spacer rings as needed to achieve your desired handlebar height. Ensure that the total height of the adapter and spacers is appropriate for your stem's clamping area.
4. **Reassemble:** Follow steps 5-8 from the "Setup and Installation" section to reinstall your stem, Ahead cap, and securely tighten all components.

Always ensure that there is sufficient steerer tube engagement with the stem after adjustment to maintain safety and structural integrity.

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## 6. MAINTENANCE

- **Cleaning:** Wipe down the adapter periodically with a clean, damp cloth to remove dirt and grime. Avoid harsh chemicals that could damage the finish.
- **Bolt Check:** Regularly check all bolts (stem clamp bolts, Ahead cap screw) for proper tightness. Loose bolts can lead to unsafe riding conditions.
- **Inspection:** Inspect the adapter for any signs of cracks, bends, or other damage, especially after any impact or fall. Replace the adapter if any damage is found.
- **Lubrication:** While not typically required for the adapter itself, ensure that the steerer tube and stem clamping surfaces are clean and lightly greased during installation to prevent creaking and corrosion.

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## 7. TROUBLESHOOTING

- **Loose Handlebars/Stem:** If your handlebars or stem feel loose, re-check the tightness of the stem clamp bolts and the Ahead cap screw. Ensure the headset preload is correctly set before tightening the stem bolts.
- **Creaking Noises:** Creaking can often be resolved by disassembling the stem, adapter, and spacers, cleaning all contact surfaces, applying a thin layer of grease (if appropriate for your components), and reassembling with correct torque settings.
- **Adapter Not Fitting:** Verify that your bicycle's steerer tube is indeed 1 1/8 inch. This adapter is not compatible with other steerer tube sizes.
- **Stiff Steering:** If steering feels stiff after installation, the Ahead cap screw may be overtightened. Loosen it slightly until steering is smooth, then re-tighten stem bolts.

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## 8. SPECIFICATIONS

<b>Model Number</b>	400446
<b>Material</b>	Aluminum

<b>Compatibility</b>	1 1/8 inch threadless steerer tubes
<b>Height Adjustment</b>	Includes 1x 5mm and 3x 10mm spacer rings
<b>Color</b>	Black

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## 9. WARRANTY INFORMATION

For specific warranty terms and conditions related to your M-Wave CP Lift Adapter, please refer to the warranty documentation provided at the time of purchase or visit the official M-Wave website. Warranty coverage typically addresses manufacturing defects and material flaws under normal use.

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## 10. CUSTOMER SUPPORT

If you require technical assistance, have questions regarding installation, or need further support for your M-Wave CP Lift Adapter, please contact your authorized M-Wave retailer or visit the official M-Wave website for contact information and resources.